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Low Carb Mug Meals Cookbook: 65 Healthy and Delicious Low Carb Mug Recipes for Faster Weight Loss (Paperback)

By Stacy Fowler

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. EASY, MOUTHWATERING LOW CARB MUG MEALS FOR FASTER WEIGHT LOSS! Mug meals are not just for saving time and creating portion-sized recipes. They can become a valuable part of your weight loss goals. Adhering to the low carb diet is much easier when you have low carb recipes that also contain a good amount of protein and healthy fat. This is what the LOW CARB MUG MEALS COOKBOOK presents to you. This large recipe collection includes low carb, high protein and healthy fat meals that you can put together in minutes. They have a low glycemic index, which means they will not cause a rise in your blood sugar levels. The 65 recipes cover breakfast, lunch, dinner, dessert, snacks, sauces and drinks. Even picky eaters will find something to enjoy in this wide collection of low carb mug meals. Most of the recipes have less than 10g of carbs per serving and they will give your weight loss goals an extreme boost! Not only are the recipes healthy, they are also mouthwatering too. Breakfast mug cakes or freshly-baked muffins can be...



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